Monday, December 9, 2013

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NEWS WORTH SHARING.

DID SOMEONE SAY PETER JACKSON?

FORMER LOST STAR SAID SHE WAS DONE WITH ACTING — UNTIL THE HOBBIT DIRECTOR GAVE HER A CALL PAGE 12

Locals raise $10K for Philippines

Money raised from event will be matched by the feds, go towards new homes PAGE 3

Canadian arms sold to Iraq

Countries with dubious human rights records recipients of made-in-Canada weapons PAGE 7

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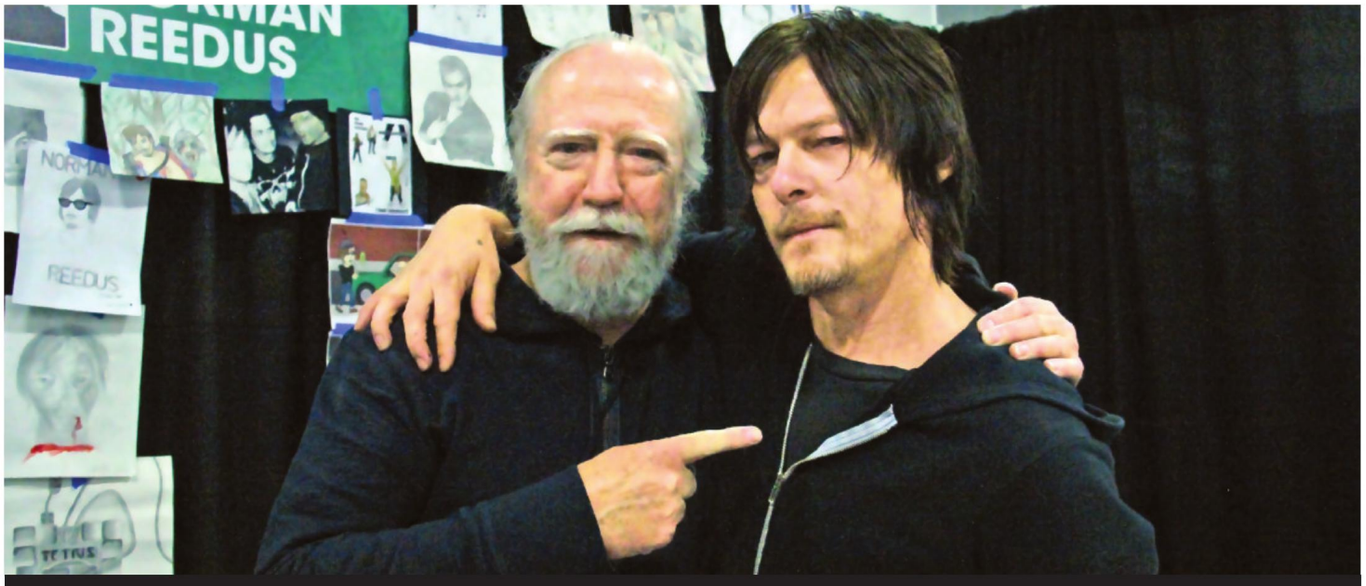


SPOILER ALERT!

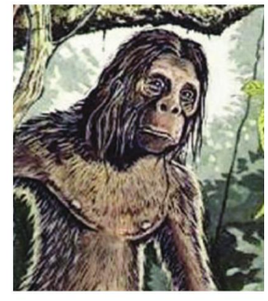
Scott Wilson, a.k.a. Herschel, poses for a photo with The Walking Dead co-star Norman "Daryl" Reedus at the Ottawa Pop Expo on Sunday. Wilson spoke to Metro and to fans about his role on the smash hit zombie series. For more on the story, see page 4 — but beware if you didn't watch the show last weekend. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Even Santa gets stressed

Metro columnist talks budgeting while playing St. Nick PAGE 17

Bringing science to the monster hunt

Cryptozoologist combines serious study with the supernatural, but says there will always be room for eccentrics in his field PAGE 19



When poison is the cure

Viper venom may help to prevent heart attacks and stroke in the future PAGE 10

City set to mull fare system of the future

Presto 2.0? Even as riders gripe about glitches, Ottawa considers $25M system to integrate LRT and bus transit

SEAN MCKIBBON
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Transit commissioners will today consider a report on an expanded $25-million fare control system that will in theory allow riders to seamlessly move from bus to LRT and back.

"With the opening of the Confederation Line and the large number of customers who will be riding on trains and passing through stations, OC Transpo requires a new fare control strategy. The strategy needs to provide fast and easy intermodal transfers and an intuitive customer experience, and it needs to be compatible with current and future fare payment methods," reads the report set to be tabled before the commission Monday.

The report recommends setting up a number of "Fare-paid zones," at major transit hubs such as Tunney's Pasture, Bayview, Hurdman, and Blair station that will be controlled mostly by vending machines and new electronic fare gates.

Other elements of the plan include "customer help points" at transit stations, machine-readable transfers with barcodes and compatibility with future fare payment methods.

The plan aims to keep the flow of riders moving, especially considering the high traffic volumes projected for the Confederation line. Initial ridership is forecast at 11,000 customers per hour with an "ultimate capacity of 24,000 customers per hour."

The report says the plan will provide a smooth connection for the 9,000 customers per hour transferring to and from 170 buses per hour at major transfer stations. The report also promises the new system will continue fare integration with Gatineau's STO system, and even with Lansdowne event tickets to allow for combined fare sales.

Grace periods for Presto?

Card not loading quickly enough? Wish there was a few days grace like there was with bus passes?

- OC Transpo officials say it's technically feasible to have Presto monthly passes remain valid for 48 hours into the following month, but there will be "certain unintended consequences," such as delays for customers changing fare types and revenue losses.
- The OC response says the system was implemented the way the City of Ottawa originally specified and any changes would need to be "planned, developed, tested and implemented."

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Charity event raises $10K for Typhoon Haiyan relief

The Philippines. November storm killed at least 5,700 people and has left 11 million homeless

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Ottawa's Filipino community raised $10,000 at its pre-Christmas Parol Star of Hope charity event at Jean Pigott Place in Ottawa City Hall Sunday.

As many as 700 people, many of them Filipino, spent their Sunday afternoon sampling Filipino food and enjoying music with Mayor Jim Watson and The Philippines Ambassador Leslie Gatan at the afternoon bazaar.

The federal government has promised to match donations to Philippine relief efforts.

Organizers of Sunday's fundraiser said the $10,000 raised locally will go with the government's matching funds directly to Habitat for Humanity Canada's project to build 10,000 new concrete and corrugated steel homes over a year in areas devastated by Typhoon Haiyan.

Ottawa's Filipino community has been organizing relief programs for the country since Nov. 7 when Haiyan, the strongest typhoon on record, ripped a path of destruction and chaos through the country, killing at least 5,700 people and leaving 11 million homeless.

"Every day of the year, Canadian volunteers are somewhere in the world helping people rebuild their lives," said Habitat For Humanity Canada's CEO George Hendry. "Go to the website global village Canada (habitatglobalvillage.ca) and volunteer. It's something Canadians are good at, and proud of."

At the event, Gatan remarked on the large crowd.

"It's a tribute to the generosity of Canadians to see so many people here today," said Gatan.

"This time of the year, we want to celebrate Christmas, but this year, we'll save our money and send it home to those who need it."

Herme Baisas and her husband, Cordon Bleu chef Armando Baisas, show off carved fruit at Jean Pigott place in Ottawa City Hall, where a Sunday fundraiser for victims of Typhoon Haiyan drew hundreds of people and raised $10,000.
DENIS ARMSTRONG/FOR METRO

Protesters with Ecology Ottawa, the Council of Canadians and the Polaris Institute staged a demonstration on Friday. METRO

Protesters tackle oil money for museums

Canada's Museums should not accept donations from oil companies said Trevor Hache, policy coordinator for the lobby group Ecology Ottawa, who was reacting to word that Gatineau's Canadian Museum of Civilization accepted a $1-Million cash gift from the Canadian Association of Petroleum Producers (CAPP).

On Friday, the Council of Canadians, Ecology Ottawa and the Polaris Institute organized a protest raising concerns that the generous corporate sponsorships "threaten to pollute precious cultural institutions like the Canadian Museum of Civilization."

To graphically make their point, they distributed leaflets and built a mock oil-soaked Frosty the Snowperson in front of the museum.

"We're concerned that the Canadian association of petroleum polluters are using this sponsorship to whitewash their dirty tar sands projects," said Ecology Ottawa's Ben Powless.

According to Ecology Ottawa, documents reveal that in 2011, CAPP member Imperial Oil pressured the Canadian Museum of Science and Technology to change an exhibit they felt reflected a negative bias toward the petroleum industry. The Canadian Museum of Civilization stands on the shore of the Ottawa River, part of the Rideau River ecosystem that TransCanada plans to run its Energy East pipeline under.

"The museum shouldn't accept any money from fossil fuel companies," added Hache. "They do too much damage to the planet to be accused of displaying moral fortitude for supporting the museum." METRO

Safe Driving Awards

OC Transpo drivers honoured

OC Transpo presented Safe Driving Awards to 65 bus operators Sunday.

"These operators have navigated our roads for thousands of hours every year and remained collision-free," said Mayor Jim Watson. "Such skill and focus is highly commendable, and speaks well of our residents' confidence that transit operators will get them where they need to be, safely and on time."

The OC Transpo Safe Driving Awards ceremony paid tribute to drivers who had reached 20-to-41-year milestones of collision-free driving.

To qualify for a Safe Driving Award, operators must drive a bus in service for at least 1,000 collision-free hours every year. One thousand collision-free hours equates to Ottawa residents driving their car a minimum of 35,000 kilometres on city streets in a year.

METRO

Big drop

Man hospitalized after 30-foot fall

An Ottawa man was sent to hospital in serious condition with suspected hypothermia after falling into a ravine near 222 McClellan Rd. early Sunday morning.

Ottawa firefighters and paramedics immobilized the 26-year-old man and then brought him back up from the what fire officials estimated to be a 30-foot drop.

METRO

Basketball

SkyHawks lose close game to Saint John Mill Rats

Hot off a pair of wins, the Ottawa SkyHawks visited the Mill Rats in Saint John, N.B., Sunday afternoon. The SkyHawks were without Jamal Crook, who was out with an injury from Saturday night's game against the Halifax Rainmen, which the SkyHawks won, 117-108.

The SkyHawks managed to tie up the game at 58 points in the second, and kept it tight in the third frame, but couldn't hold on, losing to the Mill Rats by a final score of 116-109. METRO

The SkyHawks' Fred Sturdivant jumps to block a shot. CONTRIBUTED

Low attendance. Will Pop Expo come back in 2014?

Pop Expo, which has yet to find a niche in its inaugural year, might as well have been called The 2013 Walking Dead Expo.

But, just like the zombie stars of the television show, Pop Expo may be coming back.

Pop Expo programming director Cliff Caporale explained the conception of the event essentially revolved around Norman Reedus (Daryl Dixon) being able to fit an Ottawa appearance into his busy schedule.

"We built it around him," said Caporale.

But the event also gave pop culture nods to Reedus' 1999 cult film The Boondock Saints and the 50th anniversary of Doctor Who. Daleks could be seen whizzing about the Ernst & Young Centre, playing Queen songs.

Caporale hoped for 5,000 people for the two-day expo, which is considerably less than the 20,000 who surprised organizers at the first edition of the Ottawa Comiccon. Should there be a 2014 Pop Expo, he said he wants to focus more on pop culture and less on comic books and superheroes so as not to confuse the two events.

"I think that we need to do a couple things to differentiate it enough so that it's its own thing," said Caporale.

JOE LOFARO/METRO

In attendance

Harry Potter villain Tom Felton (Draco Malfoy) and Game of Thrones' Jason Momoa gave buzzing fans autographs Sunday.

A young sci-fi fan dances through a formation of Daleks from the BBC sci-fi series Doctor Who, which celebrated its 50th anniversary this year.

JOE LOFARO/METRO

Nobody's safe in AMC's hit The Walking Dead

Meeting the fans.

Actors from the popular TV series talk about killing off characters and the success behind the show

JOE LOFARO
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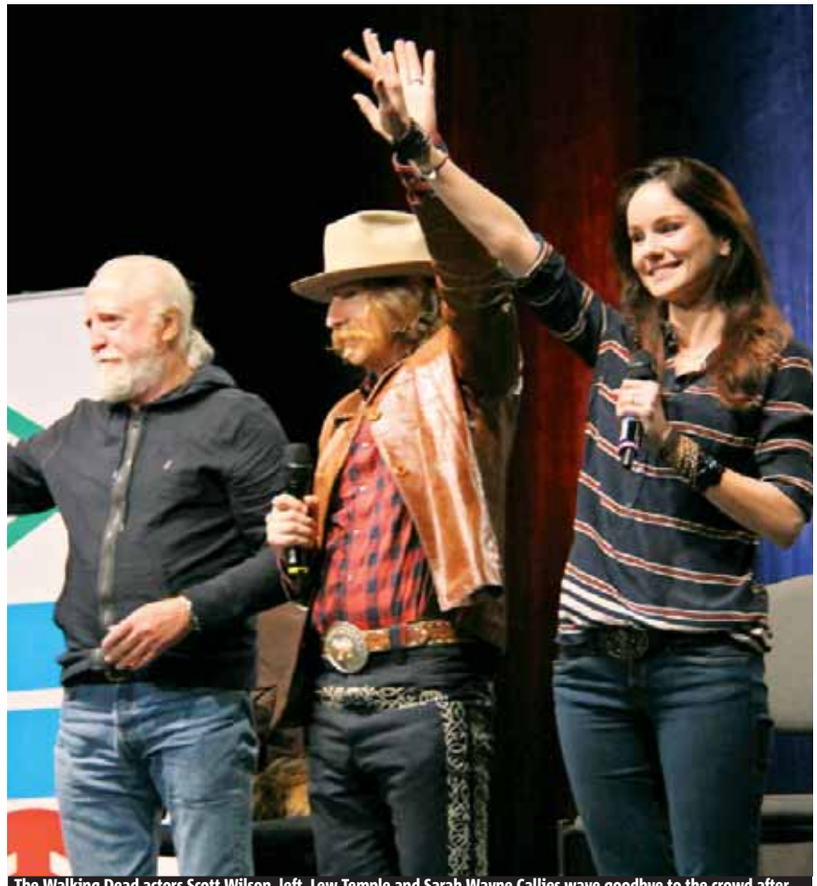
The Walking Dead fans who are still reeling from the unexpected and gruesome death of beloved father figure Hershel Greene had a rare chance to say goodbye Sunday in Ottawa.

Actor Scott Wilson, who played Hershel on the hit AMC TV series, took questions from fans at the first-ever Ottawa Pop Expo at the Ernst & Young Centre alongside other slain co-stars Sarah Wayne Callies (Lori Grimes) and Lew Temple (Axel).

"Hershel's character was so loved and had such an amazing season," said fan Emily Plunkett, who watched the character meet his ultimate demise in last Sunday's season 4 mid-season finale. "That made me cry. Nobody's safe in that show."

In between autograph signings, Wilson told Metro filming that episode was an emotional one for him and the whole cast.

"I came down to the set and everyone, without my knowing it, everyone was there, all the crew people, all the people in the front office, they were all down on the set wearing suspenders because Hershel wears suspenders," recalled Wilson. "It was quite touching and they were all applauding. It was a very emotional day."



The Walking Dead actors Scott Wilson, left, Lew Temple and Sarah Wayne Callies wave goodbye to the crowd after a Q & A session with guests at the Ottawa Pop Expo on Sunday. JOE LOFARO/METRO

Callies, who played Andrew Lincoln's wife, wouldn't spill any season 4 secrets. But she said killing off main characters is what makes the show unique because the viewer knows the six leads they see in the season premiere might not be there in the finale.

"I think it's part of the genius of the show because it means you believe that people are in danger," said Callies. "I think that's what keeps the show strong ... and it's what keeps the violence from being gratuitous."

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Local duo delivers so moms don't have to

Hot commodity. Mom's Night Off Delivery hopes to ease the dinner hour duties for busy families

DENIS ARMSTRONG
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Business partners Jen Dery, left and Sue Hayes say they decided to start their own business after they were laid off and found employers were wary of hiring workers in their 40s. CONTRIBUTED

Delivering pizzas for 20 years had an unexpected side effect on Sue Hayes.

As well as making her sick of pizza, it gave her a potentially game-changing idea, to create a delivery service serving restaurants that don't normally do deliveries.

That's how the self-proclaimed "restaurant courier service," Mom's Night Off Delivery was created.

With her friend and business partner Jen Dery and support from the Ontario Self-Employment Benefit program, the pair created the business that works like this: order a dinner online or through one of Mom's Night Off Delivery phone agents and for $6.95, Mom's Night Off will deliver it to you. The order can be from a fast-food joint or a five star restaurant, as long as the eatery does take-away.

Since launching the business on Nov. 4, Mom's Night Off Delivery have made about 60 deliveries, primarily in the east end, but they're adding Rockland by Christmas, Sandy Hill and Orleans by January, and the rest of the city next year. They also plan to add a lunch delivery shift in February, 2014 and get a liquor licence in the new year.

"Twenty years of delivering pizza taught me what a customer expects, friendly and fast service," says Hayes. "Families get tired of ordering pizza or Chinese all the time because they're the only delivery options they've got. We hope to make dinner easier and more fun for single mothers who don't have time to make and service dinner."

Hayes and Dery decided to open their own business after losing their jobs — Hayes was a medical receptionist, and Dery, a public servant. They say they found that employers seemed wary of hiring two 40-something women.

"We made the decision that we would work for ourselves and never worry about being laid off again," says Hayes. "It's time to invest in the future."

Call 613 747-FOOD (3663) or order online at www.momsnightoffdelivery.ca

Against the rules. Gold-embossed business cards made for Conservative MPs including Tony Clement

At least two more key Conservatives got gold-embossed business cards, contrary to long-standing government rules against fancy stationery.

Tony Clement was given his gold cards shortly after being promoted to Treasury Board president in the May 2011 cabinet shuffle, following the election of a Conservative majority.

And colleague Laurie Hawn, an Edmonton MP appointed temporarily to a cabinet committee looking at cost-cutting, got his own set of gold-embossed cards at the same time.

The Arms of Canada on both sets of cards was highlighted in gold foil.

They joined John Baird, whose staff demanded the new foreign affairs minister receive a set of forbidden English-only cards that also violated the rules in several other ways, including having a gold-coloured coat of arms.

Baird's unilingual gold cards were first reported by The Canadian Press, which also obtained documents on business cards for Clement and Hawn, after a request under the Access to Information Act.

Spokespersons for Clement and Hawn say the gold cards were "ordered in error," and say both men wrote personal cheques to reimburse taxpayers after the mistake was discovered.

But neither spokesperson answered repeated requests about when the "error" was discovered, the dates of the personal cheques, and the amounts of the reimbursement, among other questions.

Clement's department, the Treasury Board, sets out the rules for all ministers' stationery, which specify that Canada's coat of arms on business cards must be in black. The only colour permitted is the red of a small Canadian flag above the Canada word-mark.

Treasury Board President Tony Clement got gold-embossed business cards, contrary to long-standing government rules. SEAN KILPATRICK/THE CANADIAN PRESS

THE CANADIAN PRESS

Bahrain, Algeria, Iraq get new exports of Canadian guns, ammo

Arms control. Canada has yet to sign the UN Arms Trade Treaty (ATT), an attempt to regulate the multi-billion dollar industry

Bahrain, Algeria and Iraq, countries with dubious human rights records or a history of violent internal conflict, have recently become new buyers of Canadian-made guns and ammunition, an analysis of federal government data shows.

The analysis by The Canadian Press found that Canadian exports to those countries swelled by 100 per cent from 2011 to 2012, the most recent figures publicly available.

During the same time period, exports of Canadian weapons also increased to Pakistan (98 per cent), Mexico (93 per cent) and Egypt (83 per cent), where, respectively, al-Qaida terrorists, a deadly government war on drug cartels and seismic political upheaval have sparked violence.

Though Canada's arms trade is legal and regulated, analysts say the increases raise questions about the government's foreign policy commitment to human rights, and its regulatory regime for arms exports.

"Diversification is a principle of business in this globalized economy. As we see western militaries decrease their defence budgets, military industries will be looking for new markets," said Walter Dorn, the chair of international affairs studies at the Canadian Forces College.

"The danger is that the almighty dollar may become the predominant motivator in trade deals and therefore weapons are more easily shipped."

The Canadian Press provided a list of questions to the offices of International Trade Minister Ed Fast and Foreign Affairs Minister John Baird, but an emailed reply from Foreign Affairs left many of them unanswered.

Foreign Affairs carefully reviews all export of weapons to ensure they "do not contribute to national or regional conflicts or instability" or "are not used to commit human rights violations," the statement said.

THE CANADIAN PRESS

Rehtaeh Parsons vigil in Halifax

Leah Parsons, centre, hangs an ornament on a Christmas tree during a vigil in honour of her daughter Rehtaeh as partner Jason Barnes looks on. Rehtaeh, who took her own life last April after being bullied over an alleged sexual assault, would have turned 18 on Monday. RUTH DAVENPORT/METRO IN HALIFAX

Sensible B.C.'s campaign to force marijuana referendum unsuccessful

There was plenty of smoke, but ultimately no fire for Sensible B.C.

Campaign organizer Dana Larsen confirmed Sunday that the Citizen's Initiative for a referendum on decriminalizing marijuana possession has failed ahead of Election B.C.'s Monday deadline.

"We're not going to make it," said Larsen. "We're very proud of our team of canvassers and what we accomplished. Two-hundred thousand signatures is still a remarkable feat."

Larsen and his team needed to collect the signatures of 10 per cent of registered voters in every single one of B.C.'s 85 electoral districts in a 90-day period for the initiative to be a success.

"We're not done counting yet and there are last-minute signatures coming in, but it looks like we reached the threshold in about two dozen ridings," said Larsen.

MATT KIELTYKA/METRO IN VANCOUVER

Members of the Sensible B.C. campaign beside the Cannabus, their mobile headquarters.
JENNIFER GAUTHIER/METRO FILE

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People hold hands as Rev. Ndumiso Gawe leads them in prayer outside the home of former president Nelson Mandela in Johannesburg, South Africa, Sunday. South Africans flocked to houses of worship for a national day of prayer and reflection to honour Mandela, kicking off planned events that will culminate in what is expected to be one of the biggest funerals in modern times. MATT DUNHAM/THE ASSOCIATED PRESS

South Africans unite to remember Mandela

Farewell to a hero. Mourners of all races come together to celebrate the man called 'that moonlight in the dark night'

In death, Nelson Mandela unified South Africans of all races and backgrounds Sunday on a day of prayer for the global statesman — from a vaulted cathedral with hymns and incense to a rural, hilltop church with drums and dancing.

Mandela was remembered in old bedrocks of resistance as well as former bastions of loyalty to apartheid.

"May his long walk to freedom be enjoyed and realized in our time by all of us," worshippers said in a prayer at the majestic St. George's Cathedral in Cape Town, where the first white settlers arrived centuries ago aboard European ships.

South Africa's reflection on Mandela's astonishing life was a prelude to a massive memorial in a Johannesburg stadium Tuesday that will draw world leaders and luminaries. They will gather to mourn, but also to salute the achievements of the prisoner who became president and an emblem of humanity's best instincts.

The extended farewell ends Dec. 15, when Mandela is to be buried in his hometown of Qunu in Eastern Cape province.

The anti-apartheid campaigner wanted to die in those modest, traditional surroundings; instead, he died Thursday at age 95 in his home in an exclusive Johannesburg area. He was surrounded by family after months of a debilitating illness that required the constant care of a team of doctors.

The Rev. Sebastian J. Rossouw compared Mandela to the biblical figures Isaiah and John the Baptist as men who led in dark times, calling him "that moonlight in the dark night."

God "sent us this man to show us the depths of the human heart, he sent us this man to show us that despite what was going on at the time, light could shine," Rossouw said. He warned of the flaws of modern life in South Africa, preaching against the "corruption and crime" that plague the country.

Mandela's ex-wife, Winnie Madikizela-Mandela, joined one of his grandsons, Mandla Mandela, and South African President Jacob Zuma in a prayer service in Johannesburg.

Foreign dignitaries began arriving Sunday, and the South African government said more than 50 heads of state were expected. Those attending include Prime Minister Stephen Harper, U.S. President Barack Obama, British Prime Minister David Cameron and UN Secretary-General Ban Ki-moon.

THE ASSOCIATED PRESS

A force for unity

"He said, 'Let's forgive,' and he forgave. That created a space for people to feel safe ... at a time when the expectation was that there was going to be a war."

Rev. Niekie Lamprecht, pastor of the Dutch Reformed Church of Pretoria East, who said Mandela was the driving force behind changes of attitude in the congregation's overwhelmingly white parishioners

Canada's delegation

A who's who of Canadian politics boarded Stephen Harper's plane to join the prime minister as he flew to South Africa to pay respects to Nelson Mandela, where he will attend a public memorial Tuesday in Johannesburg.

- Brian Mulroney, Jean Chrétien and Kim Campbell. NDP Leader Thomas Mulcair also boarded the plane.
- Liberal Leader Justin Trudeau didn't board, Instead, Liberal MP Irwin Cotler joined the delegation.

Mandela's jailer

An unlikely friendship

Christo Brand FACEBOOK

He was with Nelson Mandela during all those years the anti-apartheid icon was imprisoned on Robben Island. And, like millions around the world, he has been hit hard by Mandela's death.

Yet this South African was not one of Mandela's fellow prisoners. Christo Brand was his jailer.

Such was Mandela's charm and ability to turn enemies into allies that even the black political prisoner and the white Afrikaans warden forged an unlikely but enduring friendship.

Mandela and Brand last met about two years ago when Brand, now in his 50s, brought his wife, son and grandson to see Mandela in Cape Town in a Sunday afternoon visit that lasted nearly three hours.

They had "nice chats about the past, about his family. He wanted to pick up my grandchild, to hold him, which he was a little bit shy to go to him. You could see he really reached out for touching a child at that moment," Brand recalled.

"When I got the message when he passed away, it was very sad for me," Brand said Saturday. "But I think he was successful and he did what he wanted to do. I wanted him to go in peace and I am thinking of the family today, what they go through."

Brand once again works on Robben Island, which is no longer a prison but a bustling tourist attraction. He and other former guards and prisoners tell visitors about the new South Africa's racial reconciliation.

THE ASSOCIATED PRESS

Thailand

Political crisis deepens

Thailand's main opposition party resigned from parliament on Sunday to protest what it called "the illegitimacy" of an elected government with which it can no longer work.

The move deepens the country's latest political crisis as new street demonstrations are set to begin which many fear could turn violent.

THE ASSOCIATED PRESS

Germany

President to boycott Sochi

German President Joachim Gauck is boycotting the Winter Olympics and will not travel to Sochi, Russia next year. The decision is to protest against human rights violations and harassment of Russian opposition political figures. Gauck is an outspoken critic of Russia's human-rights record.

THE ASSOCIATED PRESS

Ukrainian anti-government protesters rally big in Kyiv

Revolution of dignity. The Russian-aligned government in Ukraine clings to power amid massive protests; no gov't concessions

Angry anti-government protesters toppled a statue of former Soviet leader Vladimir Lenin in the centre of Kyiv on Sunday and blockaded key government buildings amid huge street protests, raising the stakes in an escalating standoff with President Viktor Yanukovych.

The biggest protest in the former Soviet republic since Ukraine's pro-democracy Orange Revolution in 2004 led the government to fire back. It announced an investigation of opposition leaders for an alleged attempt to seize power and warned the demonstrators they could face criminal charges.

The West pressed for a peaceful settlement.

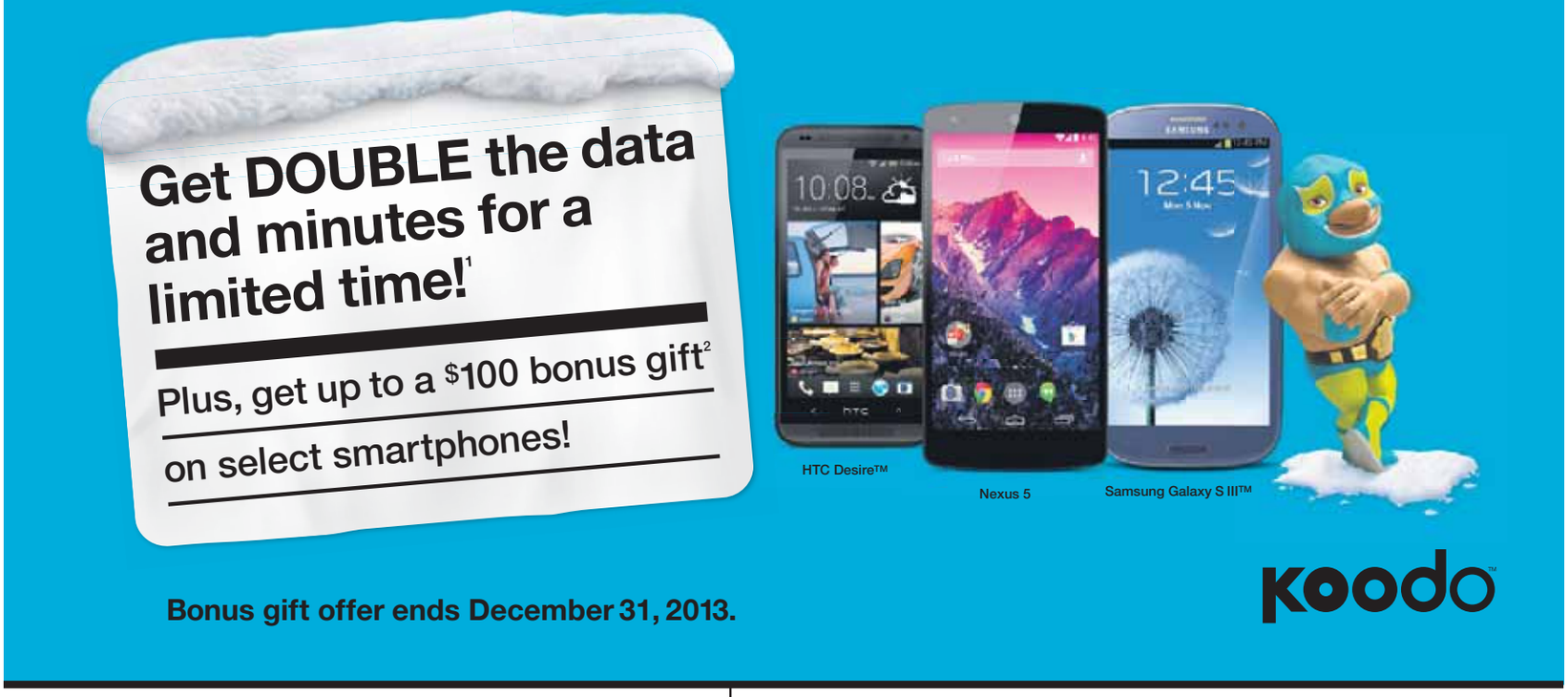
Hundreds of thousands of Ukrainians flooded the centre of Kyiv to demand Yanukovych's ouster after he ditched ties with the EU in favour of Russia and sent police to break up a protest. Packing Independence Square as far as the eye could see, Ukrainians waving European Union flags sang the national anthem. THE ASSOCIATED PRESS

Quoted

"I am convinced that after these events, dictatorship will never survive in our country."

Opposition leader Vitali Klitschko said.
The protests have an anti-Russian component as Russia worked to derail the EU deal.

Ukrainian protesters smash a statue of Lenin after toppling it, in Kyiv, Sunday. EFREM LUKATSKY/THE ASSOCIATED PRESS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Research. Drug from viper venom may stop cause of heart attacks, strokes

It's one of the world's most poisonous snakes, and researchers hope the venom of the viper dubbed the "hundred pacer" can provide a medication to help prevent one of the world's leading killers.

A team of researchers has purified a protein from the snake's venom to develop an experimental drug aimed at preventing blood clots that can cause a heart attack or stroke.

The venom from the Southeast Asia pit viper is so potent that it is referred to by local residents as a hundred pacer — based on the belief that someone who is bitten will be able to walk no more than 100 steps before dying. THE CANADIAN PRESS

Quoted

"The concept that we can harness something potentially poisonous in nature and turn it into a beneficial therapy is very exciting."

Dr. Heyu Ni, of Toronto's St. Michael's Hospital involved in the drug's development.

Venom is extracted from a Southeast Asian viper, which may help prevent heart attacks and strokes. ST. MICHAEL'S HOSPITAL, HANDOUT/THE CANADIAN PRESS

$338,000 US award

Defamation case could 'chill online speech': Web giants

From Twitter and Facebook to Amazon and Google, the biggest names of the Internet are blasting a federal judge's decision in a defamation lawsuit by a former Cincinnati Bengals cheerleader convicted of having sex with her former high school student.

The Internet giants recently filed briefs in the U.S. 6th Circuit Court of Appeals in Cincinnati.

The briefs are part of a lawsuit Sarah Jones brought against the website thedirty.com. A jury found in July that posts on the site about Jones were substantially false and awarded her $338,000 US.

The companies argue the judge's ruling in favour of Jones has the potential to "significantly chill online speech." THE CANADIAN PRESS

Eggciting idea: I can't believe it's not mayo!

Which came first, the chicken or the egg? Hampton Creek Foods hopes the answer is neither, as it aims to find plant-based alternatives for foods such as mayo

Trying to crack open a new market — CEO Josh Tetrick holds a species of yellow pea used to make Just Mayo, a plant-based mayonnaise, at Hampton Creek Foods in San Francisco. ERIC RISBERG/THE ASSOCIATED PRESS

The startup is housed in a garage-like space in San Francisco's tech-heavy South of Market neighbourhood, but it isn't like most of its neighbours that develop software, websites and mobile-phone apps. Its mission is to find plant replacements for eggs.

Inside, research chefs bake cookies and cakes, whip up batches of flavoured mayonnaise and pan-fry omelets and French toast — all without eggs.

Funded by prominent Silicon Valley investors and Microsoft founder Bill Gates, Hampton Creek Foods seeks to disrupt a global egg industry that backers say wastes energy, pollutes the environment, causes disease outbreaks and confines chickens to tiny spaces.

The company, which just started selling its first product — Just Mayo mayonnaise — at Whole Foods Markets, is part of a new generation of so-called food-tech ventures that aim to change the way we eat.

"There's nothing to indicate that this will be a trend that will end anytime soon," said Anand Sanwal, CEO of CB Insights, a New York firm that tracks venture capital investment. "Sustainability and challenges to the food supply are pretty fundamental issues."

Venture capital firms, which invest heavily in early-stage technology companies, poured nearly $350 million US into food-related startups last year, compared with less than $50 million US in 2008, according to CB Insights. THE ASSOCIATED PRESS

Possible benefits

Proponents of plant-based alternatives say there are many advantages:

- Alternatives to eggs, poultry and other meat could be good for the environment because it could reduce consumption of meat, which requires large amounts of land, water and crops to produce, backers say.
- It could also benefit people's health, especially in heavy meat-eating countries like the U.S., and also reduce outbreaks of diseases such as avian flu, advocates claim.

Pope gives voice to 'cries of the poor'

The statue of the Virgin Mary is adorned with a wreath of flowers as Pope Francis prayed, on the occasion of the Immaculate Conception feast, in Rome, Sunday. In the heart of the capital city's fanciest shopping district, the Pope prayed people "never be left indifferent to the cries of the poor." His appearance follows a papal tradition of public prayer before a statue of Mary on Dec. 8, a church holiday honouring the mother of Jesus. GREGORIO BORGIA/THE ASSOCIATED PRESS

BONDING OVER DEVIANT COPIER

URBAN COMPASS

Steve Collins
ottawa@metronews.ca

I spent some time (more time than expected, as is customary) at the courthouse last week. It's OK. I'm not in any trouble, just researching someone else's.

An estimated 1,000 people go through the Elgin Street bunker every day for criminal and civil matters, family, estates and small claims, and most of them seemed to be ahead of me in line. Every one of them has a story and it's usually a long and involved one.

As you hurry up and wait there's ample time for people watching, and really not much else to do. I notice a number of people with not only their legal frustrations but also their toddlers in tow. One kid listlessly fiddles with paperclips from files and anything else he can get his hands on. Before long he's supine on the floor, paralyzed with boredom.

You overhear snippets of strangers' legal travails, somebody complaining she can't serve her ex because she doesn't know where he lives and she's been told not to show up at his workplace. Another might insist she was never served, no matter what the documents claim. I sympathize with their convoluted plights and also pity the judges eventually tasked with sorting them out.

The counter staff are remarkably helpful, once you get used to their unsettling habit of looking right through you until your number comes up for service. I forgot my ID at the counter a few weeks ago, didn't even realize it was missing until the next day I was there and a staffer flagged me down to return it.

Numerous times a day, they patiently remind clients that they aren't capable of giving legal advice, that you can pay a process server instead of trying to handle it yourself, that legal help is available upstairs.

Throughout, they provide vital live assistance in this 20th-century time capsule where innovations are embraced cautiously, if at all. Pay phones, that endangered communications species, are still plentiful here, but there's only one photocopier available for public use.

I was copying a huge cinder block of a file, so I had to take periodic pauses to make way for others who only needed two copies of this or that document, and also to provide a little technical support, because this is a perverse, devious machine, given to seemingly random error messages and general obstinacy.

The beast eats money — 25 cents a page, coins only, no bills — and sometimes it'll decide it doesn't like your loonie and either reject it or just swallow it without giving you any copies. The machine's programming contains no honour, justice or pity.

The copier creates a time-sucking bottleneck but also a place to gather and gossip, to commiserate over these technical difficulties exacerbating legal headaches. As we huddle around the machine, we're free with a couple extra quarters, a bit of advice, the loan of a pen.

Like the limited seats on a crowded bus or the narrow, cleared space on a city sidewalk, when our infrastructure shows cracks we patch it by improvising, sharing, helping, co-operating. Courts rightly have a reputation as adversarial places, but at times like this, it's the people united against the photocopier.

ZOOM

One team caves in first

CHRISTOPHER FURLONG/GETTY IMAGES

Cricket goes deep in the ground

The world's first underground cricket match has taken place in a slate mine under a mountain.

The unique sporting fixture saw village clubs Caldbeck and Threlkeld play 600 metres (2,000 feet) deep inside England's last working slate mine at Honister in the English Lake District. **METRO**

The treasurer says

"It was murky, water was dripping off the sides of the mine, the ground was muddy and the balls kept ricocheting off the walls. But it was a nice game, despite our team losing."

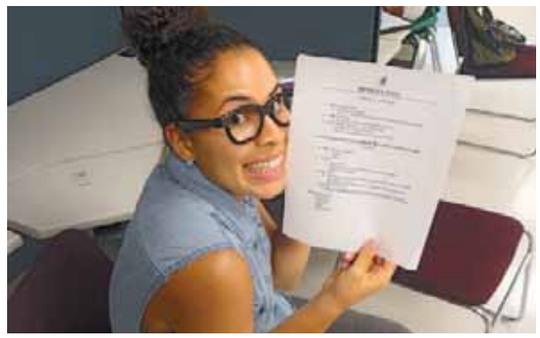
Michael Webster, treasurer of Threlkeld Cricket Club
The match was won by Caldbeck after they scored 28 runs with one over and four balls to spare.

Club raises money with extreme game

In June 2012, Threlkeld was hit by a flood that wrecked the club's cricket ground. To raise money to fix it, the club invented Extreme Cricket: Matches played in unusual locations, the photos of which are made into a calendar sold online. With proceeds from their site rainstoppedplay.org, Threlkeld hopes to have their ground ready in August. **METRO**

Where else?

- The game has also been played on a frozen tarn; on a mountain in the Lake District; on top of a steam engine; underwater in the local Derwent River; and inside a local theatre.
- The cricket club says it has no plans to export the quirky game overseas.



CONTRIBUTED

WE ACT:
CANADA DOES GOOD

Theatre for Peace

Across the nation in our neighbourhoods, Canadians are up to a whole lot of good. Here's one we'd like you to meet.

Who: Tahirah Stanley, 24, (pictured) actor and activist, from Toronto.

What: Theatre for Peace, a youth-empowering performing arts program.

Why: "Theatre has a way of really encouraging people to step outside their comfort zone and develop confidence — that's what it did for me," says Stanley.

Two years ago, Stanley started Theatre for Peace, a program that engages Toronto teens to combine their interests for the arts with their passions for social issues. Eight to 10 youth participate in each 12-week course, choosing issues to focus on and working with industry experts to create performances to share with the community — from poetry to rapping to dancing.

What inspired you to get started? "Theatre is really, really important in my life. I wanted to be a positive role model to youth in my neighbourhood, and I thought they would benefit from being connected to people outside their immediate community."

What motivates the work you do every day? "The youth that I work with are amazing! It really fuels my soul to see the change and the impact in these youth. It makes me happy to see other people happy, and to see them flourishing and becoming confident people."

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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SCENE

It took a dragon to drag actress Evangeline Lilly out of retirement

The Hobbit: The Desolation of Smaug. She was done with her profession, then Peter Jackson called

RICHARD CROUSE
scene@metronews.ca

Evangeline Lilly plays the 600-year-old wood elf Tauriel in The Desolation of Smaug, opening Friday. CONTRIBUTED

On powerful females

- **Evangeline Lilly likes the soft side of her current role.** "One of the things I struggle with, with powerful female roles in the media right now, is that often they are associated with male violence. If a woman can kill and slaughter like a man then suddenly she's a powerful woman, which I actually think diminishes her power. I don't think that makes them powerful. I like that this character is a softhearted compassionate elf driven out of her need for justice and her seeking of the truth. I think that is more a distinct female power. I think in the past vulnerability and compassion have been associated with weakness and I think they give a woman her power."

The show Lost propelled Evangeline Lilly from unknown model to television star.

For six seasons she played Kate Austen on the hit series, earned a Golden Globe nomination, numerous Sexiest Women in the World titles and became the face of L'Oreal Paris.

But the trappings of fame didn't sit well with the Alberta-born actress.

"I'm a small town Canadian girl," she says. "It just doesn't jive with me."

So instead of looking for the next big thing following Lost's 2010 finale, she took a step back.

"My resolve to retire came when I realized it was actually the job itself that was killing me. I'm a very undramatic woman. I keep my life very simple. I don't have a lot of emotional energy to spend. I don't argue with my spouse. I don't make drama where there doesn't need to be any. I don't have girlfriends who are dramatic. I just can't stomach it.

"Having a job that required that I be at the height of drama emotionally for 14 hours a day, all day, every week for six years running was doing bad things to my health, to my psyche. I wasn't in a good place. I really believe if you're not happy, get out. It doesn't matter how much someone is paying you or how famous you've become, it's not worth it if you're not happy and you're not healthy."

It took Peter Jackson and a plum role in The Hobbit: The Desolation of Smaug to bring her out of self-imposed seclusion.

"When they asked me I was three months out of giving birth to my first son," she says. "I thought I had retired to a life of writing and motherhood. I thought I was done with acting. And then he called. I thought, 'This is too huge of an honour. I can't say no to this. This is something I had dreamed about since I was a little girl,' so I took the job."

In the action-adventure she plays Tauriel, a 600-year-old wood elf created specially for the film. She says the character is "driven by her desire to help the vulnerable and the weak."

We'll see her again as Tauriel next year in The Hobbit: There and Back Again and after that, who knows, although she says, shooting The Desolation of Smaug in New Zealand was "such a positive experience that it has actually changed my mind about my profession."

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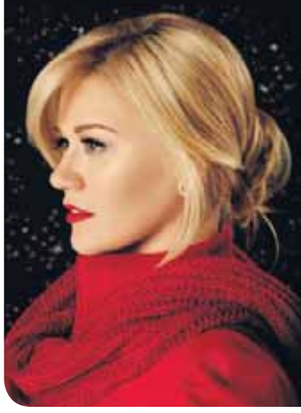

The holiday album features brand new instant-classics such as the first single, "Underneath The Tree" and title track, "Wrapped In Red" as well as Christmas favourites, "Have Yourself A Merry Little Christmas," "Blue Christmas," "Run Run Rudolph," "Please Come Home For Christmas" and many more!

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Lupe Fiasco's new album comes out in early 2014. GETTY IMAGES

Rapper Lupe Fiasco is all about the love these days

New album. Fiasco says his new album is darker, but his first single, Old School Love, shows a soft side

EMILY LAURENCE
Metro World News in New York City

Lupe Fiasco's fans call him the "realest rapper."

The artist has never been shy about using his songs to speak his mind, especially when it comes to politics and social issues. So teaming up with Ed Sheeran to sing about love might come as a surprise.

"I was a little hesitant at first," Fiasco says about his collaboration with the red-headed Brit on his new single, Old School Love.

"My friend Guy Sebastian, who did Battle Scars with me off my last album, told me I had to do it."

It's good Fiasco took his friend's advice. The song is in heavy radio rotation and is steadily climbing the charts.

Old School Love is the first single off Fiasco's upcoming album, Testuo and Youth (out early 2014), which the rapper says is darker than his past four albums.

"Old School Love is a very soft song, but the rest of the album is a bit harder and more aggressive. I didn't want to make a soft and fluffy album," he says.

Unlike his last album, Fiasco is steering clear of politics on his new record, but the tracks are by no means "safe." One song, Crack, is about crack cocaine, and in Blur My Hands, he raps about road rage.

"The song is about people flipping you the bird, but it's about taking that and saying you're actually No. 1."

Fiasco is previewing his new songs on the tour, but he'll of course be showcasing his old hits like Kick Push and Superstar — and he will be paying close attention to the audience to see who knows the words.

"One of my most memorable fan encounters was of this guy who was a couple of rows from the front and he knew the words to every song — even the small weird songs and the limited edition songs," Fiasco says.

"I ended up bringing him on stage."

Now that Fiasco's been on the scene for a while, he's using his fame to introduce new talent at his concerts.

Mickey Factz, New Orleans rapper Dee-1 and Chicago-based Boy Illinois are all sharing the stage with Fiasco throughout the 32-city tour.

"They've just been killing it," Fiasco says.

"Now that I'm a sort-of veteran, I'm more excited about seeing my homies come up and shine than I am about playing stadiums or seeing people jump around."

Quoted

"One of my most memorable fan encounters was of this guy who was a couple of rows from the front and he knew the words to every song — even the small weird songs and the limited edition songs."
Lupe Fiasco

How do you solve a problem like Twitter?

The Sound of Music. The tweeps of the world weren't too kind to Carrie Underwood's portrayal of Maria but Julie Andrews gave her blessing to the role

MELINDA TAUB
Metro World News in New York

Julie Andrews. GETTY IMAGES

Carrie Underwood. GETTY IMAGES

Twitter was pretty rough on Carrie Underwood during NBC's live production of The Sound of Music last night — partly because Twitter is not known for its kindness and restraint, but also because so many musical theatre fans felt protective of Julie Andrews and her original performance as Maria.

But one person who felt just fine about Carrie Underwood stepping into her dirndl? Julie Andrews herself.

Country singer Underwood revealed that she reached out to the legendary musical star before taking on the role.

"She's so wonderful," Underwood told E! Online. "She's been so great to us and that means a lot. Whenever I do a cover of somebody's song or whatever, I always get permission of the artist first. I'm like, 'If you hate me, let me know and I won't sing your song!' So it was really really important for her to do that and, just, what a lovely person."

Well, of course she's lovely. She is Julie $%*#@ Andrews. She owns the copyright on lovely. She could kill a man with lovely at fifty paces. Do not even try to be as lovely as her, Carrie Underwood, because lovely is her thing, and she could lovely you to tiny country-fried smithereens. Oh look, I've become Twitter.

Why Big Ang is (mostly) for real

Living large. Apart from the obvious, the Mob Wives star doesn't know how to be fake

ALEXANDRA CAVALLO
Metro World News

In reality TV, everything is larger than life — big drama, big personalities and, well, big boobs. Mob Wives star Angela "Big Ang" Raiola fits that bill, and hers are bigger than most.

If you ask Ang, she actually doesn't care for the drama. But good times, plastic surgery and booze — she just came out with her own line of wines, Big Ang Wines — are a different story. We got Ang and longtime family friend and Mob Wives producer Jenn Graziano (sister of cast member Renee Graziano) on the line to ask them a few questions about the show, which is now in its fourth season.

Angela "Big Ang" Raiola is one of the stars of Mob Wives. GETTY IMAGES

Ang, when Jenn asked you to be on the show, what was your initial reaction?
Ang: I was very nervous. When she said, "We're going to put you on TV," I thought, there is no way, I don't know how to do that.
Jenn: She exploded immediately. It was like instant fame, instant stardom. They all loved her right away. We knew what was going to happen, she didn't believe but we did.

From what we see on the show, your personality is larger than life. How much of this is real and how much is you putting it on for the cameras?
Ang: All of it, it really is all true stuff. I am like that.
Jenn: One hundred per cent. I don't think Ang knows how to be fake.

Ang: That's me everyday. That's been me my whole life. Always working in bars, you have to have that personality all the way.

Is everything that happens on the show real?
Ang: Oh no, our show is very real. Sometimes a little TOO real.

Jenn: Yeah, she's right. Sometimes we wish those things weren't really happening. But they are. We really follow what's going on in their lives. And obviously we can't follow everything so we pick and choose what we think the viewers would want to see sometimes, but really this is what's going on, when the girls are fighting on camera, they are really fighting off camera too. When they're getting along, they are really getting along.

Was it hard at first, Ang, putting your life on TV? Was that a major adjustment?
Ang: It was hard when my son had his problems and it was on TV… but maybe it could help another kid.

Have you had any backlash from the show? When Jersey Shore came out, people from Jersey were furious about how they were portrayed.
Ang: Honestly, I think everyone in Staten Island likes us. Maybe there are a couple of haters, but no one important. All the important people are proud of us.

Review

Blackbar

By Neven Mrgan and James Moore

iPhone/iPad/Android

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

With their letters censored by a sinister authority, two friends must constantly invent covert ways to communicate. To follow along you have to type in their redacted words, guessing at what's being said and treating each page like a riddle. As the codes become more complex the story remains witty and moving, a sharp reminder of the freedom privacy protects.

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Paul Walker. ALL PHOTOS GETTY IMAGES

Trying to make off with a piece of history

What kind of a ghoulish creep does something like this? Sorry. Alleged ghoulish creep. According to E! Online, after Fast and Furious star Paul Walker's fatal crash, the parts of his totaled Porsche were gathered in a truck for transport to the impound yard.

Unfortunately, when the truck was stopped at a light, a witness saw a man get out of his car and grab a piece of the wreckage.

"The male drove away with the stolen vehicle part," the report said.

Luckily, police were able to trace the man and they tracked down the stolen part. One suspect, Jameson Witty, was arrested in his home in Tujunga, Calif. The car part, a roof panel, was found in a different home.

Police are apparently arranging for a second suspect to turn himself in.

Walker died in a car accident Saturday afternoon in Los Angeles, his rep confirmed. He was 40 years old.

MELINDA TAUB/METRO

Selena Gomez

Gomez throws a tantrum

Selena Gomez didn't have the jolliest of times at KIIS FM's 2013 Jingle Ball over the weekend. The actress and singer got tripped up by a technical issue, prompting her to drop an f-bomb in front of a crowd of mostly children, according to Us Weekly.

"Sorry, the sound isn't working," Gomez shouted to the crowd.

"I promise, a lot cooler people are going to come out tonight. Is it OK if I perform two more songs and you guys can get to it?"

Gomez then struggled through another track before storming off the stage without finishing her set.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Sharon Osbourne finds a new way to scare us all

STARGAZING
Malene Arpe
scene@metronews.ca

Sharon Osbourne shares that "it was just excruciating" having her lady-parts tightened by a surgeon. What? I didn't hear because I was distracted by the excruciating pain of sticking an ice pick in my ear. I have a feeling it was worth it, though.

Glamour UK names Henry Cavill the sexiest man of 2013 with Robert Pattinson and Liam Hemsworth in second and third spot, respectively. Tom Hiddleston is number four… . I apologize. That is the dumbest thing I've ever heard. In no realm are Superman, Sparkle Vamp and Not-Peta sexier than Loki. This list is obviously fake and stupid and I will say no more about it.

Joe Jonas says that he first tried pot when he was 17 and lost his virginity at 20. That explains why Miley Cyrus and Justin Bieber just laughed so hard they threw up on their own shoes.

Barbara Walters' Most Fascinating People list is comprised of an actress, an anchor, a pope, a prince, a swimmer, a singer, a data-leaker, a Kimye and some bearded duck people. Said John le Carré: "I smell a bestseller."

Olympic diver Tom Daley says that he's in a happy relationship with a guy while actress Maria Bello reveals she has a girlfriend. Dammit. That's not who I picked for the 2013 celebrity sexual orientation derby bifecta.

Amanda Bynes

Doctors warn Bynes off going to school

Finally out of psychiatric treatment, Amanda Bynes is eager to go back to school for fashion design, but apparently her doctors think she shouldn't.

"Amanda was told by her doctors that going to fashion school so soon after being released from the Canyons (treatment facility) is an absolutely terrible idea," a source tells Star magazine. "It's almost setting her up for failure. There will be pressure on Amanda as far as school work, deadlines, and it's unlikely she will be able to succeed. The fashion school she is enrolled in is almost two hours from her parents' house in Orange County, and she still doesn't have a valid driver's license."

Lindsay Lohan

Lohan up to her old tricks?

Lindsay Lohan may or may not be reverting to her old habits, but she's definitely spending time with old friends, as the troubled starlet has been tearing up Miami with former assistant and clubbing pal Gavin Doyle, according to Radar Online.

"Miami is not the best place for Lindsay to be because of all of the temptations. It's not a good sign for her recovery that she is choosing to hang out with Gavin," a source says. "Lindsay and Gavin were out until the wee hours of the morning at Art Basel parties on Wednesday and Thursday night. Lindsay and Gavin chain-smoke everywhere they go. Gavin was bragging to friends that they didn't go to sleep until after 4 a.m."

Twitter

@kirstiealley
I've always read ALL tweets sent to me..the kid next door is looking for a job.Going to hire him to PRE block before I read from now on :)

@josswhedon
You can only say "but not in a gay way" so many times before you have to reassess SOMETHING

@pattonoswalt
At Whole Foods. Raining, and all I had to wear is my wife's pink hat. Getting some complimentary looks, though.

Kicking it old school

Parents not keen on reading e-books

Children's storybooks are in no danger of becoming extinct, suggests a report on how kids and parents are embracing e-books.

Based on the results of online surveys conducted for Booknet Canada, a non-profit industry organization that tracks sales and trends, it appears parents and children aren't eager to give up on the time-honoured tradition of flipping through paper books in favour of swiping around in digital content.

Of the more than 800 parents interviewed, about 41 per cent said they currently read e-books. More than 200 teens between 14 and 17 were also polled (with their parents' permission) and 27 per cent said they were e-book readers.

But few indicated they actually prefer digital books or could see themselves eschewing paperbacks for good.

Only one per cent of the parents polled said their kids aged 13 and under were at the point of reading more e-books than print books.

The researchers also asked parents how their kids were using mobile devices.

The report suggests just over 60 per cent of kids aged three or four have access to an Apple or Google Android phone or tablet in their home. Among 11- to 13-year-old kids, about 80 per cent had a device in their home.

THE CANADIAN PRESS

Exclusively online

The Elf on the shelf is driving Mommy insane! Find out why with Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book Reasons Mommy Drinks, at metronews.ca/voices

Playing Santa on a budget

Gift giving. What do you do if your kid asks the Big Guy for something expensive? Metro's columnist has some ideas

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

'Tis the season to be stressed out, falalalala lalalala yikes.

While Christmas brings a lot of happiness to families, it can also be a frantic time, and the biggest causes of stress (according to a recent Leger survey conducted for PCFinancial) are associated with gifts: the buying and the giving. Forty-one per cent of Canadians surveyed listed budget as their top source of holiday stress, which was matched by 41 per cent also indicating they felt stress over choosing just the right gift. Clearly, finding the balance between the two is difficult.

For parents, it can be especially challenging when dealing with children, particularly those who assume it's Santa bringing their gifts, not penny-pinching mom and dad. But what can parents do when they know the most desired gift is well outside of even Santa's budget?

Forty-one per cent of Canadians surveyed by Leger indicated budget as their top holiday stress. ISTOCK

Have the kids make out a wish list, and check it twice to make sure they have listed more than one item. Budget or availability may make delivering that single desired object impossible. Explain to the kids that even Santa can be "out of stock" or have to spread his spending around.

Older kids (age seven-nine) should understand the value of money, even if they are expecting Santa to bring gifts. Suggest to them they can contribute earned chore money, or money saved in a bank account, to leave out for Santa, who can pocket the cash and deliver a more expensive gift in return.

Have a number and stick to it. It's easy to get stuck in the "evening out" trap when you have more than one child. If they are still counting the number of presents, fill some boxes with inexpensive candies or dollar store items.

The biggest joy of Christmas, according to the survey, is spending time with family (65 per cent), so it makes sense to give a (budget friendly) gift that families can enjoy together. Many kids ask for electronics, so look for one that can be shared.

Kobo has some terrific options to get families reading together, and its gift cards are an easy way to get new e-books, which can be given by other family members.

Cashing in loyalty points (as 46 per cent of Canadians say they will do) is a great way to purchase gift cards. A Cineplex gift card lets you share time at a movie with a family member. Give yourself a gift and deck those bills with vows of holiday savings.

GIVE THE GIFT OF KATHY'S, I AM SO THE BOSS OF YOU AVAILABLE AT BOOKSTORES EVERYWHERE, AND ON KOBO.

So you can't stand your friend's kids...

Julie Klam, author of Friendkeeping. SUBMITTED

He's the toddler who always bites. She's the 6-year-old drama queen prone to "it's mine" fits and hair-pulling. The problem, for you anyway, is they are your best friend's, your neighbour's or your exceedingly lenient big sister's kids.

With the holidays comes togetherness, sometimes thrust upon us. And with togetherness, especially the obligatory kind, comes major stress — for you and your kids. But friction over the offspring of loved ones strikes all year-round, leading the grown-ups to ponder whether their adult relationships are worth it.

Julie Klam, a Manhattan mom and author of the new book Friendkeeping, believes middle ground is possible.

"Do the best you can to see them without their children, but when they are around, take the anthropologist's point of view: 'Hmm, that's interesting that the kid is standing on a table throwing cheese at the wall,' instead of getting wound up in it," she said.

Looking for the worst in other people's kids, and by association other people's parenting prowess, is a road to nowhere, which may be where you land when things go dangerously wrong. But seriously troubled is different than the day-to-day grind of ill-mannered, bad-tempered kids and their parents who stand around and let it happen, by design or otherwise.

"If you're in your head keeping score of how rude they are, or whatever the things are that happen, it makes it much worse," said Klam, who has a 10-year-old daughter.

And before you take the fatal step of severing ties, "Stop and try to figure out how much of this has to do with you and how much has to do with them," Klam suggested.

THE ASSOCIATED PRESS

Taking your school to the streets: When campus meets community

Come on in! Canada's post-secondary school grounds are shifting from hidden away to becoming essential parts of their neighbourhoods

The digital media lab at the University of Waterloo's Stratford Campus has been designed to merge the school with the surrounding city. CONTRIBUTED

Historically, universities have been designed to feel like an educational oasis. Courtyards, student housing and large heritage buildings often give campus dwellers a feeling of exclusion from the rest of the city.

This is reflected in university layouts such as those found at the University of Toronto and McGill University — both established in the 1820s.

While architecturally significant, schools can often feel like they have their back to their communities.

But now, post-secondary institutions are making an attempt to change that. There is a new focus on creating better integration between schools and the communities that host them.

George Brown's new campus in downtown Toronto exposes pedestrians to the culinary school. Transparent walls provide a view into the school's learning restaurant.

In Montreal, a task force was created to ensure that future development at McGill continues to bring value to the surrounding areas and greater Montreal.

Another example is University of Waterloo's Stratford campus. The year-old digital media lab has been designed to connect to the city.

Large glass windows help to open the school up to the community. A three-storey, 150-screen digital media wall permanently displaying student work, and other information that serves the city, can be seen from outside of the building.

The third floor's open space and outdoor deck gets plenty of use from other companies — helping the school develop relationships with other organizations.

But does this new concept actually make a difference? Ginny Dybenko, executive director at University of Waterloo Stratford says universities must be connected to the community to be relevant.

"It's part of our role to create people who can contribute to the world. Having a space that encourages community and industry partners is very helpful," says Dybenko, who added it also directly affects students.

"These activities at school like research, critical thinking, dreaming, all those innovative things, we have a tendency to become inwardly focused at universities, but this building doesn't allow that."

Dybenko said there was always the idea to have something a little different when it came to designing the school's digital media centre.

Paul Stevens, a senior partner at ZAS, the architects behind the Stratford campus, says university architecture has changed over time.

"There was a serious attempt to integrate it to the street. It was designed to showcase the programs and accomplishments of that campus. You want it to contribute to the cultural life of the city."

METRO WORLD NEWS

Educated and open

"These activities at school like research, critical thinking, dreaming, all those innovative things, we have a tendency to become inwardly focused at universities, but this building doesn't allow that."

Ginny Dybenko
Executive director at University of Waterloo Stratford

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'Round the world wisdom

Facing adversity? Expectations can be a heavy burden

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

I started the Gobi March hoping to finish it. I ran free of expectations for the first four days, each a marathon in length. Somehow, I ran it very fast. I wasn't paying attention to the results, simply grateful to be there, each day closer to finishing the race. After the fourth day, I was then advised that I was in the lead in the 40- to 50-year-old category.

On the fifth day, it all changed. I started to run not to lose.

Each of us ran the race with about 25 pounds of food, meds, survival gear, and clothes in our backpacks. On day five, I started to add invisible baggage to my backpack; expectations, stress, and especially fear of failure. It no longer weighed 25 pounds, it weighed a ton, and I ran slowly and nervously. My mental narrative until then was "this is the most beautiful desert I've ever seen". Now, all I could hear myself say was "don't mess up".

I realized that my whole life had been lived with outcomes in mind. When I returned home, I became present to a much bigger problem; I put expectations on others too! I was adding weight to others' already full backpacks.

Today, I try to avoid having expectations around a specific outcome. I tell people I can be counted on to give my best effort, and I ask the same from others. The results will be what they will be. With this approach, I have since found that the results have gotten better.

Have you tried to give your best as opposed to try to meet expectations?

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

In search of nightmares

Adam the monster hunter. The career of a cryptozoologist combines both science and the supernatural

Adam Davies is serious about a job that some might find silly. HANDOUT

As one of the world's leading cryptozoologists, Adam Davies has pursued the death worm of Mongolia and the Mokele-mbembe lake monster of Congo, the Sasquatch and the Yeti. The British explorer spoke to us about the need to make his passion more respectable.

What is cryptozoology?

It's basically looking for unknown or undiscovered animals, and that for me is about working with credible scientists. It's a broad sphere and you have to dismiss some of it. If someone says they saw a unicorn in their garden I'm not interested, but if they saw a rare primate in the jungle it's game on.

Where are your hunting grounds?

In the last year I've looked for Bigfoot in the US, and the Orang Pendek — the Sumatran ape-man. I've looked for the Congolese dinosaur for the BBC and the Yeti in Nepal. I've been almost anywhere on the planet, mostly on my own time and money.

What is your number 1 ambition?

I've always been interested in bipedal primates and if I could prove the Orang Pendek that would be the find of the century. We've come close to proving it with hairs and prints, most skeptics would accept it's highly plausible.

Are these species being covered up?

I don't believe so as I have worked with governments on my projects. The problem is the species are very rare and elusive, as you would be if you were under threat.

Some of cryptozoology is just bizarre right?

It's a broad area and that's why it's important to work with credible scientists to corroborate findings. We need more rigor in the field, such as through sending hairs for DNA tests. But there is also a place for eccentricity.

METRO WORLD NEWS

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Stuff your turkey with butter-nutty pecan flavour

1. Preheat oven to 375 F (190 C).

2. Stuffing: In non-stick dry skillet over medium heat, sauté onion until soft. Let cool.

3. Beat egg with milk in a large bowl. Add bread and wait 2 minutes to allow it to soak up liquid. Stir in onions, squash, pecans and cheese. Generously season with pepper.

4. Turkey: Slice turkey breast in half lengthwise, without cutting all the way through, and open like a book. Cover with plastic wrap and flatten with a butcher's mallet or a rolling pin, until about 1/2 inch (1 cm) thick.

5. Spread bottom part with stuffing and close up turkey breast to seal stuffing inside. If desired, tie with string like a roast or hold in place using toothpicks. Place in a baking dish pan and cover top of turkey with pancetta and thyme.

Ingredients

Stuffing
- 1/2 onion, finely chopped
- 1 egg
- 1/4 cup (60 ml) milk
- 2 slices of bread, cut into cubes
- 1 1/3 cup (325 ml) grated butternut squash
- 1/3 cup (75 ml) pecan pieces
- 5 oz (150 g) Gunn's Hill Five Brothers cheese, cut into small cubes
- Freshly ground pepper

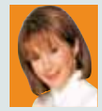
Turkey
- 2 lb (1 kg) boneless skinless turkey breast
- 18 very thin slices of pancetta (about 4 oz/125 g)
- 2 tbsp (30 ml) thyme leaves

6. Roast for 1 hour or until meat thermometer reads 170 F (77 C). Let rest 10 minutes before slicing. Serve with seasonal vegetables. **DAIRY FARMERS OF CANADA (ALLYOUNEEDISCHEESE.CA/GRANDPRIX)**

This recipe serves eight. DAIRY FARMERS OF CANADA

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Tortilla chips are a favourite snack or appetizer at Mexican restaurants for many people, but what you dip them in could add up quickly in calories and fat.

Taco Del Mar tortilla chips and guacamole

740 calories /44 g fat
An avocado has more than 300 calories and 30 grams of fat. The fat is heart healthy but calories add up.

Equivalent

A serving of tortilla chips with guac is equal in calories to 90 Lays baked potato chips and 1/2 cup tomato salsa.

Taco Del Mar tortilla chips and salsa

440 calories / 21 g fat
Save the calories and enjoy a tomato-based salsa with only vegetables added. Then you can afford the Mexican dinner.

Appetizer. Queso Fresco Cheese with Apples

It's fitting that in Mexico, where it originates, queso fresco literally means "fresh cheese". That's because it is a light cheese that is milky and mild. Queso fresco also has a trademark salty-sour kick, and while it's creamy by nature of its freshness, it's not rich or buttery tasting.

Here it stars in a delicious appetizer with apples and nuts.

1. Preheat oven to 450 F (230 C).

2. In an oven-safe medium baking dish, mix apples, butter, honey, rosemary and nuts, if using. Place cheese over apples, season to taste with pepper. Bake for 15 to 20 minutes or until hot and golden brown. Place the dish on the table and enjoy while the cheese is hot. **DAIRY FARMERS OF CANADA (ALLYOUNEEDISCHEESE.CA/GRANDPRIX)**

Ingredients

- 2 apples, sliced or cut into small wedges
- 1 tbsp (15 ml) butter, melted
- 1 tbsp (15 ml) honey
- 1 tsp (5 ml) fresh rosemary leaves
- 1/4 cup (60 ml) nuts, your choice (pistachios, walnuts, almonds, pecans, etc.), optional
- 8 oz (225 g) Latin Foods Queso Fresco cheese
- Freshly ground pepper

Have a ball — literally — with Pimiento Cheese Balls

This old-fashioned cheese ball is flavoured with pimiento (roasted red pepper), lemon and onion. Make these now, freeze them and glide through the holiday season!

1. In nonstick frying pan, melt butter over medium heat; add pecans and cook, stirring, for 5 minutes or until golden and fragrant. Transfer to cutting board. When cool enough to handle, chop coarsely. Set aside.

Ingredients

- 2 tbsp (25 ml) unsalted butter
- 2 cups (500 ml) pecan halves
- 1 pkg (250 g) PC Aged Two Years Canadian White Cheddar Cheese, finely grated
- 4 oz (125 g) drained roasted red peppers, chopped
- 1 pkg (250 g) PC Original Cream Cheese, at room temperature
- 3 tbsp (45 ml) mayonnaise
- 1 tbsp (15 ml) fresh lemon juice
- 2 tsp (10 ml) grated yellow onion
- 1-1/2 tsp (7 ml) Worcestershire sauce
- 3/4 tsp (4 ml) salt
- 1/4 tsp (1 ml) hot sauce
- 1/4 tsp (1 ml) dry mustard

This recipe serves about 24. PRESIDENT'S CHOICE

2. Place cheddar, pimientos, cream cheese, mayonnaise, lemon juice, onion, Worcestershire sauce, salt, hot sauce and dry mustard in large bowl. Using fork, beat until smooth. Using clean hands, shape into six equal balls. Roll each ball in chopped pecans to coat. Cover each tightly in plastic wrap. Chill until firm. Freeze until needed, up to 3 weeks.

3. To serve, thaw completely and serve with crackers, sliced baguette or celery sticks. **COURTESY PRESIDENT'S CHOICE**

High-flying Seahawks fall prey to division rival 49ers

NFL. San Fran keeps its NFC West title hopes alive by edging Seattle

The San Francisco 49ers aren't handing over their two-year division reign just yet. And certainly not on their home field where they rarely lose against the NFC West.

Phil Dawson kicked a 22-yard field goal with 26 seconds remaining and the Niners held off the nemesis Seahawks 19-17 on Sunday, denying Seattle a chance to clinch the division at Candlestick Park.

Frank Gore broke a 51-yard gain with just more than four minutes left to set up the go-ahead 11-play, 76-yard drive as the 49ers (9-4) kept the playoff-bound Seahawks (11-2) from grabbing away the West in San Francisco.

Dawson's fourth field goal of the day gave him 20 straight converted field goals, a franchise record topping Joe Nedney's 18 consecutive in 2006-07.

Russell Wilson threw a 39-yard touchdown pass to Luke Willson and Marshawn Lynch ran for an 11-yard score for Seattle.

The 49ers are unbeaten at home against the West since losing to the Seahawks on Oct. 26, 2008.

In an emotionally fuelled afternoon of missed chances and costly penalties, this rivalry game more than lived up to the hype. Seattle was denied a chance for its franchise-best sixth road victory, while the 49ers know they need every win the rest of the way for their own playoff positioning.

Eric Wright, who briefly left the game with a head injury, intercepted a last-ditch deep pass by Wilson with nine seconds left to seal it.

The two young quarterbacks finished with nearly the same stats lines. Wilson went 15 of 25 for 199 yards and a touchdown with one interception, while counterpart Colin Kaepernick threw for 175 yards and completed 15 of his 29 passes with a TD and an interception. THE ASSOCIATED PRESS

Winning streak over

The Seahawks had their seven-game winning streak snapped since an Oct. 6 loss at Indianapolis. They had won the last two meetings, both at home, by outscoring the 49ers 71-16.

Colin Kaepernick of the 49ers scrambles with the Seahawks' Bobby Wagner in pursuit on Sunday in San Francisco.
THEARON W. HENDERSON/GETTY IMAGES

Snow wreaks havoc on the gridiron

The Lions' Jeremy Ross grabs the Eagles' DeSean Jackson on Sunday in Philadelphia. THE ASSOCIATED PRESS

The NFL often promotes football as a bad weather sport. It got its share early Sunday in Philadelphia, Baltimore, Washington and Pittsburgh.

"You got to go out there and play no matter what kind of conditions outside — sleet, snow, you got to go," Chiefs running back Jamaal Charles said.

Blowing snow made traction and visibility difficult for the Lions at Eagles, Vikings at Ravens, Chiefs at Redskins, and Dolphins at Steelers. Detroit running back Reggie Bush injured himself on the slippery field at the Linc in warm-ups and did not play in the Lions' 34-20 loss.

Vikings star running back Adrian Peterson, the 2012 NFL MVP, hurt his ankle on the slick turf in the second quarter. The Ravens won 29-26.

The snow so obscured the yard markers it was nearly impossible for fans to tell exactly where the ball was at all four stadiums. Televising networks superimposed the yard lines and numbers for viewers at home.

Small tractors with plows, and workers with shovels tried to clear the snow during Baltimore's 29-26 victory, to no avail. Workers used hand-held snow blowers in Philadelphia, with little effect.

Conditions were at their worst in Philly, where predictions had been for a bit of snow later in the day, not a full-scale squall.
THE ASSOCIATED PRESS

Olympic memorabilia

Gold medal fetches $1.4M at auction

An Olympic gold medal won by Jesse Owens at the 1936 Berlin Games has sold for a record $1.4 million in an online auction.

SCP Auctions said Pittsburgh Penguins co-owner Ron Burkle paid $1,466,574, the highest price for a piece of Olympic memorabilia. The online auction ended Sunday.

Owens won gold in the 100- and 200-meters, 400 relay and long jump at the games attended by Adolph Hitler, who used the Olympics to showcase his ideas of Aryan supremacy.

According to the auction house, the medal is unidentifiable to a specific event.
THE ASSOCIATED PRESS

Olympics

Canada locks down 3rd seed in women's team pursuit

Canada will be the third seed in women's team pursuit at the upcoming Winter Olympics after a fifth-place finish on Sunday at a long-track speedskating World Cup event.

Winnipeg's Brittany Schussler, Ottawa's Ivanie Blondin and Regina's Kali Christ posted a six-lap time of three minutes 2.81 seconds, missing out on a bronze medal by 0.77 seconds.

Canada's roster for the team pursuit at the Sochi Olympics in February will be decided after the speed-skating trials in Calgary in late December and early January.
THE CANADIAN PRESS

LPGA

Ko wins 1st title as a pro in 2nd try

Lydia Ko rallied to win her first title as a professional.

The 16-year-old from New Zealand won the Swinging Skirts World Ladies Masters on Sunday, closing with a 4-under 68 for a three-stroke victory.
THE ASSOCIATED PRESS

NBA

Raptors ease coffers with Gay trade

The Raptors traded Rudy Gay to the Sacramento Kings on Sunday night, pending league approval. TORSTAR NEWS SERVICE

General manager Masai Ujiri is on the verge of a monster trade to continue the building process in Toronto with the Raptors.

A deal that would send Rudy Gay, Quincy Acy and Aaron Gray to the Sacramento Kings for point guard Greivis Vasquez, Patrick Patterson, Chuck Hayes and John Salmons will get NBA league approval Monday morning, league sources said, as the process of long-term building for Toronto moves into high gear.

First reported by Yahoo Sports and confirmed by Raptor and league sources, the deal meant none of Gay, Gray or Acy played for Toronto in Los Angeles against the Lakers on Sunday night while team officials awaited Monday's league approval.

It is by far Ujiri's boldest and most significant move as the Raptors general manager and a clear message to fans that he is far more concerned with the long-term future of the roster than this season.

Only Vasquez, who would immediately be the primary backup to point guard Kyle Lowry, can be seen as a vital part; according to sources close to the Kings, the other players in the trade are bit players at the most.

And by divesting himself of Gay's substantial contract — with this season and next at about $38 million — Ujiri would have ridden himself of his most costly player and eased a logjam that exists with Gay and DeMar DeRozan.

There is no long-term financial risk with the players coming back.

TORSTAR NEWS SERVICE

Jacobs books trip to Sochi

Curling. Sault Ste Marie skip triumphs over Morris at Canadian Olympic trials

It was fitting that Brad Jacobs sealed his right to represent Canada at the Olympics with one more big-weight double Sunday afternoon, and he never even considered a less risky shot.

"You're throwing that double to win the game," he said after beating John Morris 7-4 at MTS Centre in Winnipeg.

He said his third, Ryan Fry, told him it was coming.

"Fry said it to me, 'You're going to have a double either way here and we're playing it.' So my mind was already wrapped around some big weight shot before I even threw it."

Jacobs joins Winnipeg's Jennifer Jones, who defeated Sherry Middaugh 8-4 Saturday night to win the women's slot, the one prize that has eluded her in a championship-filled career.

Jacobs went into the game as the favourite, after earning his final spot by sweeping the round robin seven straight with a hard-hitting, muscular, fist-pumping brand of curling that delighted the crowd.

It's also clean and near perfect when it counts.

"That's our style," he said.

With no hometown heroes left to root for Sunday at Tim Hortons Roar of the Rings, the crowd switched it's allegiance to the Jacobs rink.

It doesn't hurt that Winnipeg-born Ryan Fry — the son of Manitoba curling legend and Brier winner Barry Fry — now plays third. E.J. Harnden is at second and brother Ryan Harnden at lead for the rink based out of Sault Ste Marie, Ont.

THE CANADIAN PRESS

Homan's ouster

Reigning Canadian champion Rachel Homan of Ottawa lost 10-4 to Sherry Middaugh in the semifinal on Friday night.

Jennifer Jones and Brad Jacobs booked spots in the Olympics with victories at the Roar of the Rings in Winnipeg over the weekend. JOHN WOODS/THE CANADIAN PRESS

Wielding hot goalie, Wild get win over Sharks

The San Jose Sharks' Antti Niemi stops a shot from the Wild's Dany Heatley on Sunday night in St. Paul, Minn. Zach Parise scored two, Mikko Koivo one and Josh Harding stopped 37 shots as the Wild won 3-1. ANN HEISENFELT/THE ASSOCIATED PRESS

NHL

Back problems sideline Lecavalier

Philadelphia Flyers forward Vinny Lecavalier could miss a month because of a non-displaced fracture in his lower back.

Lecavalier has already missed three games due to back spasms. He leads the Flyers with five power-play goals. THE ASSOCIATED PRESS

Skiing

"I know I can win again. ... I'm ready for Sochi."

Lindsey Vonn after a fifth-place finish in the World Cup super-G on Sunday in Lake Louise, Alta., her third race in three days. Until this past weekend, the 29-year-old American had not competed since a crash last February ripped two ligaments in her right knee and broke a bone in that leg.

Rugby

Mack's attack not enough to lead Canada past Scots

Phil Mack scored two tries as Canada's men's rugby sevens team lost to Scotland 19-12 on Sunday in the final of the Shield in Port Elizabeth, South Africa, after defeating Zimbabwe 24-10 earlier. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	31	19	9	3	85	65	41
Boston	29	19	8	2	79	59	40
Detroit	31	15	9	7	85	82	37
Tampa Bay	29	17	10	2	80	70	36
Toronto	30	16	11	3	84	82	35
Ottawa	30	11	14	5	86	99	27
Florida	30	9	16	5	68	98	23
Buffalo	30	6	22	2	51	91	14

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	31	20	10	1	96	70	41
Washington	29	15	12	2	88	84	32
NY Rangers	30	15	14	1	68	76	31
Carolina	30	13	12	5	71	84	31
New Jersey	31	12	13	6	69	77	30
Philadelphia	29	13	14	2	64	73	28
Columbus	29	12	14	3	72	80	27
NY Islanders	30	8	17	5	75	104	21

Sunday's results
San Jose at Minnesota
Florida at Chicago
Boston at Toronto
Washington at NY Rangers
Colorado at Vancouver

Saturday's results
Dallas 5 Philadelphia 1
Winnipeg 2 Tampa Bay 1 (OT)
Washington 5 Nashville 2
Boston 3 Pittsburgh 2
Florida 2 Detroit 1

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	31	20	6	5	110	87	45
St. Louis	28	19	6	3	98	66	41
Colorado	27	20	7	0	81	62	40
Minnesota	31	17	9	5	74	74	39
Dallas	28	14	9	5	81	80	33
Winnipeg	31	14	13	4	82	88	32
Nashville	30	13	14	3	67	88	29

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	32	20	7	5	101	84	45
San Jose	29	19	5	5	100	72	43
Los Angeles	30	19	7	4	79	62	42
Phoenix	29	16	8	5	94	93	37
Vancouver	31	16	10	5	83	80	37
Calgary	29	11	14	4	78	98	26
Edmonton	31	10	18	3	84	105	23

Note: Two points for a win, one point for overtime loss.

Montreal 3 Buffalo 2
Toronto 4 Ottawa 3 (SO)
New Jersey 4 NY Rangers 3 (OT)
Anaheim 5 St. Louis 2
Calgary 2 Edmonton 1 (OT)
Los Angeles 3 NY Islanders 0

Monday's games — All Times Eastern
Philadelphia at Ottawa, 7:30 p.m.
Columbus at Pittsburgh, 7:30 p.m.
NY Islanders at Anaheim, 10 p.m.
Carolina at Vancouver, 10 p.m.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	15	27	42
Malkin, Pgh	7	30	37
Getzlaf, Ana	16	20	36
Kane, Chi	16	18	34
Perry, Ana	18	15	33
Steen, StL	20	12	32
Tavares, NYI	11	21	32
Thornton, SJ	5	27	32
Ovechkin, Wash	22	9	31
Kunitz, Pgh	17	14	31

Not including last night's games

NFL

WEEK 14

Sunday's results
Kansas City 45 Washington 10
Baltimore 29 Minnesota 26
Tampa Bay 27 Buffalo 6
N.Y. Jets 37 Oakland 27
Miami 34 Pittsburgh 28
New England 27 Cleveland 26
Cincinnati 42 Indianapolis 28
Green Bay 22 Atlanta 21
Philadelphia 34 Detroit 20
Denver 51 Tennessee 28
San Diego 37 N.Y. Giants 14
San Francisco 19 Seattle 17
Arizona 30 St. Louis 10
Carolina at New Orleans

Monday's game — All Times Eastern
Dallas at Chicago, 8:40 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	18	2	.900	—
d-Miami	15	5	.750	3
Atlanta	11	10	.524	7 1/2
d-Boston	10	12	.455	9
Detroit	10	10	.500	8
Washington	9	10	.474	8 1/2
Charlotte	9	11	.450	9
Chicago	8	10	.444	9
Cleveland	7	13	.350	11
Toronto	6	12	.333	11
Philadelphia	7	14	.333	11 1/2
Orlando	6	13	.316	11 1/2
Brooklyn	6	14	.300	12
New York	5	14	.263	12 1/2
Milwaukee	4	16	.200	14

WESTERN CONFERENCE

	W	L	Pct	GB
d-Portland	17	4	.810	—
d-San Antonio	15	4	.789	1
Oklahoma City	14	4	.778	1 1/2
d-L.A. Clippers	13	8	.619	4
Houston	14	7	.667	3
Dallas	13	8	.619	4
Denver	12	8	.600	4 1/2
Golden State	12	9	.571	5
Phoenix	11	9	.550	5 1/2
L.A. Lakers	10	9	.526	6
New Orleans	9	10	.474	7
Memphis	9	10	.474	7
Minnesota	9	11	.450	7 1/2
Sacramento	5	13	.278	10 1/2
Utah	4	18	.182	13 1/2

d – division leaders

Sunday's results
Boston 114 New York 73
Miami at Detroit
Orlando at Houston
Indiana at Oklahoma City
Toronto at L.A. Lakers

Monday's games — All Times Eastern
L.A. Clippers at Philadelphia, 7 p.m.
Golden State at Charlotte, 7 p.m.
Denver at Washington, 7 p.m.
Orlando at Memphis, 8 p.m.
Portland at Utah, 9 p.m.
Dallas at Sacramento, 10 p.m.

MLS

MLS CUP

Saturday's result
Sporting Kansas City 1 Real Salt Lake 1
(Sporting K.C. wins 7-6 on penalty kicks)

Horoscopes

♈ Aries
March 21 - April 20
You may be open and honest by nature but is letting any one and everyone know what you are thinking such a good idea?

♉ Taurus
April 21 - May 21
There is a lot of pressure on you at the moment, the sort that would make other people crack. But you're not other people, you're a Taurus, and giving in and giving up are not in your nature. What's the worst that can happen?

♊ Gemini
May 22 - June 21
You may have to be cruel to be kind today. The planets indicate that someone you are close to emotionally needs to be reminded that they can't always have things their own way.

♋ Cancer
June 22 - July 23
Jupiter in your sign is giving you plenty of big ideas but because the planet of expansion is moving retrograde at the moment you must take care.

♌ Leo
July 24 - Aug. 23
Whatever your current problems may be they're not as bad as they seem.

♍ Virgo
Aug. 24 - Sept. 23
You will encounter hostility of some sort over the next 24 hours, most likely from someone who resents your ability to point out where they are going wrong. If it gets heated you would be wise to turn your back and walk away.

♎ Libra
Sept. 24 - Oct. 23
Make a point of respecting other people's right to have opinions you don't agree with. If you must criticize what they say at least do so in a civilized fashion.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how honest you think someone may be you would be wise not to let them make decisions for you today, especially if those decisions involve your hard-earned cash.

♐ Sagittarius
Nov. 23 - Dec. 21
Some of the people you have to deal with today will drag their feet and find excuses why they cannot deliver what you require.

♑ Capricorn
Dec. 22 - Jan. 20
Someone you work or do business with has been taking liberties of late and you are almost at the point where you have to say something rude.

♒ Aquarius
Jan. 21 - Feb. 19
Try not to get excited about something that is not important today or you may miss out on something that is. There are so many distractions in your life at the moment that your brain cannot possibly keep track of them all.

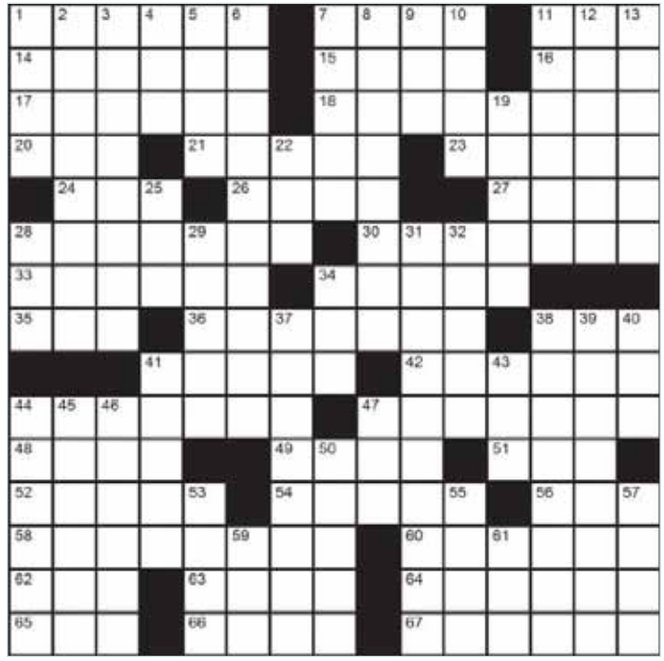
♓ Pisces
Feb. 20 - March 20
If you are smart you will tone down some of your more outrageous ideas today, at least while in the presence of people you need to stay on good terms with.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



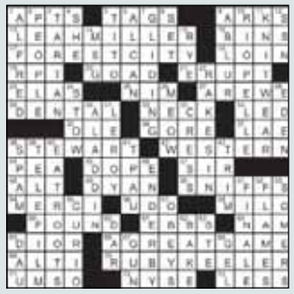
Across

1. Southern Manitoba community
7. Good: French
11. Knee injury [acronym]
14. Flip over the 'Closed' sign
15. To, archaically
16. Francis __, "Love Story" (1970) score composer
17. Tempt the fish again
18. "We are __ / We are golden..." - Joni Mitchell, "Woodstock"
20. __ Paulo, Brazil
21. Second Cup offering
23. Medieval helmet
24. Stone __
26. Raise
27. Blue dye
28. Imperativeness
30. Niagara-on-the-Lake export
33. Communicate in the direction of, lion-style: 2 wds.
34. Some papers
35. Holiday __
36. Explanatory picture
38. Guileful
41. Religious orders
42. Kitchen gadget, lemon __
44. Early computer programing language
47. Monty __ Flying Circus
48. Prefix with 'logical'
49. Eyes: Spanish
51. Tycoon Mr. 'O'
52. "Chip '_ __: Rescue Rangers"
54. Terra __
56. "Oh, give __ _ home..."
58. Group of Seven member, _._. __ (b.1898 - d.1992)
60. Cleopatra's guy
62. Batch
63. Leaning Tower of __
64. Bring on
65. Charlotte's Web author Mr. White, et al.
66. Hair accessories
67. Took a breather

Down

1. Train stn. postings
2. Canada's 'Metal Queen', born in Belleville, ON: 2 wds.
3. Sled
4. __-locka, Florida
5. Mr. Young
6. Lieu of Prince Harry's current charity trek: 2 wds.
7. Rapper, __ Rhymes
8. The BC __
9. 7th Greek letter
10. Romance novelist Ms. Roberts
11. Reunion attendees
12. __ __ point... (For example...)
13. Small
19. Sketches
22. Scottish writer, Josephine __
25. 'Ballad' suffix
28. Spoonbender Mr. Geller
29. Consumer advocate, Ralph __
31. Emily Carr's painting The __ __ recently sold for $3.39 million, a record-breaking auction price for her
32. Ant, archaically
34. Friends of HIJKs
37. Free: 3 wds.
38. Leave in a huff: 2 wds.
39. Mildness, as in a judge's ruling
40. Mos. and mos.
41. Tunic of ancient Rome
43. Doo-Wop music syllable
44. Closing curtain
45. Honey Do List task: 2 wds.
46. Is affected by
47. Plant holder
50. The __ Brothers
53. Sporty TV network
55. Author Ms. Rice
57. Positively-replied at sea
59. "Sprechen __ Deutsch?"
61. QB's feats

Friday's Crossword

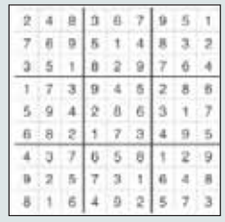


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		8	2			1		
1	5			7	6			
3			5				4	
9				6				2
		4				8		
7				8				1
	6				1			7
			9	5			8	4
		5			2	3		

Friday's Sudoku



Today
1°/-9°
Light snow
70%

Tuesday
-4°/-15°
Variable

Know what the weather will be 14 days from now.
Check the 14 day trend.
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